

Full Report (All Nutrients) 11150, Chayote, fruit, cooked, boiled, drained, without salt

Report Date: October 24, 2015 21:33 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products**Common Name:** christophine**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1" pieces) 160g
Proximates					
Water	g	93.43	--	--	149.49
Energy	kcal	24	--	--	38
Energy	kJ	100	--	--	160
Protein	g	0.62	1	--	0.99
Total lipid (fat)	g	0.48	1	--	0.77
Ash	g	0.38	1	--	0.61
Carbohydrate, by difference	g	5.09	--	--	8.14
Fiber, total dietary	g	2.8	--	--	4.5
Sugars, total	g	1.89	--	--	3.02
Minerals					
Calcium, Ca	mg	13	1	--	21
Iron, Fe	mg	0.22	1	--	0.35
Magnesium, Mg	mg	12	1	--	19
Phosphorus, P	mg	29	1	--	46
Potassium, K	mg	173	1	--	277
Sodium, Na	mg	1	1	--	2
Zinc, Zn	mg	0.31	--	--	0.50
Copper, Cu	mg	0.110	--	--	0.176
Manganese, Mn	mg	0.169	--	--	0.270
Selenium, Se	µg	0.3	--	--	0.5
Vitamins					

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup (1" pieces) 160g
Vitamin C, total ascorbic acid	mg	8.0	--	--	12.8
Thiamin	mg	0.026	--	--	0.042
Riboflavin	mg	0.040	--	--	0.064
Niacin	mg	0.420	--	--	0.672
Pantothenic acid	mg	0.408	--	--	0.653
Vitamin B-6	mg	0.118	--	--	0.189
Folate, total	µg	18	--	--	29
Folic acid	µg	0	--	--	0
Folate, food	µg	18	--	--	29
Folate, DFE	µg	18	--	--	29
Choline, total	mg	10.5	--	--	16.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	0.22
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	4.7	--	--	7.5
Lipids					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1" pieces) 160g
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.008	--	--	0.013
Threonine	g	0.031	--	--	0.050
Isoleucine	g	0.033	--	--	0.053
Leucine	g	0.058	--	--	0.093
Lysine	g	0.030	--	--	0.048
Methionine	g	0.001	--	--	0.002
Phenylalanine	g	0.036	--	--	0.058
Tyrosine	g	0.024	--	--	0.038
Valine	g	0.047	--	--	0.075
Arginine	g	0.026	--	--	0.042
Histidine	g	0.011	--	--	0.018
Alanine	g	0.038	--	--	0.061
Aspartic acid	g	0.069	--	--	0.110
Glutamic acid	g	0.094	--	--	0.150

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1" pieces) 160g
Glycine	g	0.031	--	--	0.050
Proline	g	0.033	--	--	0.053
Serine	g	0.035	--	--	0.056
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0